

Virginia Cooperative Extension

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The Culpeper Extension Office is located at 101 S. West Street, Culpeper, VA 22701. (Corner of West and Davis) Telephone: (540)727-3435



*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the activities offered by Virginia Cooperative Extension, Culpeper Office, please contact our office at (540) 727-3435 during business hours of 8am and 5pm to discuss accommodations at least 5 days prior to the event. *TDD number is (800) 828-1120.*

FAMILY AND CONSUMER SCIENCES (FCS)

Becky Gartner, Extension Agent, FCS

ServSafe Manager Certification Course

Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The course is designed for managers of food service operations, food and beverage managers, catering managers, chefs and dietary managers. After completing the classroom work, participants will take a national certification exam. The cost for the course is \$160 per person.

The 2020 class schedule is the following:



June 15 & 22 – The Carver Center, Rapidan



October 9 & 26 – Madison Extension Office

Pressure Canner Testing

The canning season is fast approaching. Make sure your equipment is working properly so that you can safely preserve your garden bounty.

Dial gauge pressure canners should be tested each year to make sure that they are reaching the correct pressure when being used. Virginia Cooperative Extension offers the testing of the gauges at no charge.

You can drop off your canner lid with the gauge for testing. We suggest you call ahead to see when VCE staff are available to conduct the testing. You can also pick up the latest home food preservation publications.

For more information on ServSafe Course or the Canner Testing, call Becky Gartner, Extension Agent, Family & Consumer Sciences, at 540-727-3435, ext. 344 or rebes13@vt.edu



HORTICULTURE

Ashley Appling, Associate Extension Agent, ANR-Horticulture

Squash Bug

If you have ever grown squash, you have most certainly grown your fair share of squash bugs too. These unwelcome guests start showing up at your garden table in late May to early June. The adults overwinter in the soil, ground litter, wood piles, or in buildings. The emerging adults seek out summer and winter squash, as well as pumpkins. They lay eggs on the undersides of squash leaves, in distinctive v-shaped patterns along the veins. Adults are dark gray, brown, or black in color with orange or brown markings on the sides of the abdomen. Nymphs have light green bodies with black legs and antennae upon hatching. As the nymphs molt and progress through their five nymphal stages, they transition from light green to dark gray. Average development from egg to adult is 33 days.

Squash bugs cause damage by sucking sap out of the vascular tissue of the stems and leaves. High populations can cause leaves to turn yellow and wilt. Feeding can also occur on squash fruit, which can cause scarring, depressed spots, and rot in storage. Squash bugs may transmit a bacterial wilt disease called cucurbit yellow vine disease.



Cultural control techniques include removal of field debris, use of resistant squash varieties (butternut, royal acorn, sweet cheese, green striped cushaw), later planting (mid-June if possible), and crop rotation.



Squash Vine Borer

This is another pest that can cause your squash growing season to be long and painful. The squash vine borer overwinters as a larva or pupa, one to two inches below the soil surface. Adult moths begin emerging in late May to early June, with moth flights continuing through August. Eggs are laid individually on leaf stalks and vines; they may hatch in seven to ten days. The larva immediately bores into the stem, where it will feed for 14 to 30 days. Total development time from egg to pupa is about 60 to 65 days.

The feeding by the larva causes girdling of the runner or stem, resulting in wilting symptoms which eventually lead to plant

death. Examine the vines, by looking for frass at borer entrance holes to distinguish between borer damage and bacterial or fusarium wilt diseases. Squash vine bore larva prefer summer squash, pumpkins, most winter squash, and gourds. Cucumbers and butternut squash are rarely attacked.

Cultural and mechanical control techniques include planting butternut squash, early or late plantings to avoid the pest, deworming the vines by hand, floating row covers, soil mounding at different points along the stem to encourage squash vine rooting, physical barriers on the stems such as aluminum foil, and of course sanitation in the fall which includes plant removal and disposal.



Please consult the 2020 Virginia Cooperative Extension (VCE)

Pest Management Guide for chemical control options -

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/456/456-018/ENTO-336B.pdf

Horticulture—Upcoming Announcements and Events:

- **Landscape Pest and Problem Walks 2020:** June 17, July 16, and August 13 (10:00 am to 12:00 pm). James Madison's Montpelier, 11350 Constitution Highway, Montpelier Station, VA 22957. Topics will include but are not limited to: insect identification techniques, common shrub and tree disease identification, and descriptions of common abiotic conditions. For more information, please contact VCE - Culpeper (540) 727-3435 Ext. 0 or email ashappling@vt.edu
- **Woody Plant Identification 2020:** September 4, September 11, September 18, and September 25 (10:00 am to 12:00 pm). James Madison's Montpelier, 11350 Constitution Highway, Montpelier Station, VA 22957. For more information, please contact VCE - Culpeper (540) 727-3435 Ext. 0 or email ashappling@vt.edu

AGRICULTURE AND NATURAL RESOURCES (ANR)

Carl Stafford, Senior Extension Agent, ANR

Dogs Can Do Damage—Man's best friend is also a pack animal

Farmers are difficult to understand without standing in their boots, and with fewer than 2% of us farming, an uphill climb gains us perspective. Let me shine some light into one corner of their experience, a troubling corner at the least. Farm land and farm animals seem to attract visits by wandering dogs, traveling together or alone, looking for home, possibly hungry or just curious as we know canines are. Just so you know, we have a fine dog living with us at home.

As pack animals, Cesar Millan the “dog whisperer” tells about a pecking order among dogs, dominant and submissive animals, motivation from the pack and discipline. Together they are stronger and support each other like a herd of cattle will. Possibly when two dogs are together, they adopt behavior not seen when alone. Thus begins a true story of the farmer who was visited by two dogs on his land in Culpeper County, just before the holidays last year.

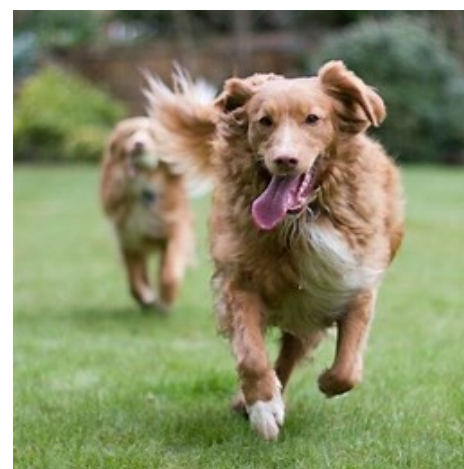
An old cow and her calf are in a pen near the barn. The barn is near the house—a good place for stock to be cared for. Some perspective is in order here. Older cows are often handled differently to account for their age, and a pen is a perfect place for this. And it was also an easy place to be caught. It was small compared to the open spaces of the pasture and the defense of the herd. Visiting dogs took full advantage of this opportunity, the cow and her calf were easily run down, caught and attacked. They were pulled down and on the verge of staying down, before the barnyard racket revealed them. Again, perspec-

tive. Cattle are quite vocal, but not always loud. They actually make peaceful, quiet sounds if you are listening. Farmers know these and other sounds made by their cows. Fighting for their lives, the calls of these animals were heard.

The farmer came prepared to defend his stock, carrying a loaded shotgun. And he did use this lethal weapon on the dogs, which had now become lethal weapons killing his cow and calf. Now we stop to consider the rules. Some counties but not all, permit the livestock owner to defend stock simply from harassment – check the rules to see what applies to you. Death is not the only dog offense. Simply worrying animals can be bad – abortions in sheep to name one effect. And there are livestock owners who will not ask permission to defend their stock. When a slaughter is encountered, common sense takes over. Two dogs were killing. But there is more.

The farmer did not shoot first, but used his voice to call them off. Then he became the target and killed in self-defense, and in defense of his cattle. Again, we visit about this trespass by wandering dogs, in this case acting as a lethal weapon that could have killed more than cattle. Our responsibility as dog owners extends to their behavior in public. I tell farmers that when cattle make a mistake it is usually our fault. We did something to cause their mistake. Maybe this applies to dogs too.

To finish, the cow survived and the calf died and this farm family will never be the same, nervous about any strange dog seen, more watchful, more likely to step to the door armed, the wife too readies her shotgun handling skills for when she must defend the stock.



Kids in the News



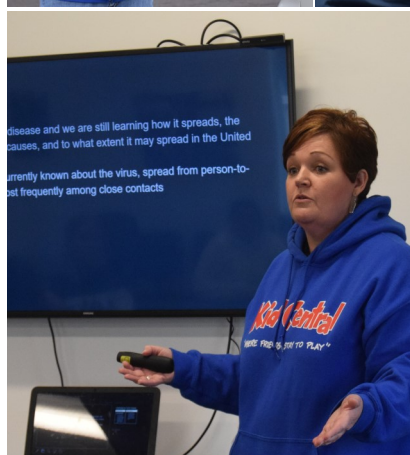
Main Office
1401 Old Fredericksburg Rd.
Culpeper, Virginia 22701
Phone 540-829-2124



Call 540-829-2124 for the most up-to-date information
Plus Check out Kid Central on Facebook for Important Updates

Why Kid Central?

- Flexible
- Homework Club
- Affordable
- Open when School is Closed
- Tuition Assistance
- Quality Childcare Since 1990
- State Licensed
- Located at All Culpeper Elementary Schools
- Award Winning
- Middle School KC Club
- Culpeper Sport and Fitness Partnership
- Summer Camp



Kid Central Rises to the Challenge

When COVID-19 swept across our nation and challenged our community Kid Central and Culpeper Early Head Start teamed up to enter the fight by providing free breakfasts and lunches for children in Culpeper County. This combined team also mobilized and carried out the establishment of an emergency childcare for essential hospital staff, first-responders, law enforcement and health care professionals. A combined leadership group of Culpeper Human Services, Head Start, Culpeper County Schools and Kid Central formed Critical Infrastructure Childcare at Farmington Elementary School.. The personnel who made up the staff volunteered to work to protect and provide care for children in the midst of the COVID-19 pandemic.

As of publication the crisis is still challenging us. We are not sure how and when things will return to normal—including our summer plans. If summer camp is not cancelled there will be swimming, movies, special programming with the Culpeper Library, a talent show, local and regional field trips, USDA Summer Food Program (free breakfast and lunch), County parks, crafts, cooking projects and weekly themes.

Summer Camp registration runs throughout the summer as space permits. Check us out on Facebook to see all the great things we are doing this summer—just search Kid Central Culpeper. To register call 540-829-2124 or visit our central office at 1401 Old Fredericksburg Rd., Culpeper VA 22701. Registration forms are also available on our website listed below and at your child's school.

Kid Central has proudly served the childcare needs of Culpeper County since 1990. We were created to help local working families and provide kids with a great summer.

We also offer Childcare Funding Assistance.

Follow us for Information

One way to keep up with all the news at Kid Central is to follow its Facebook page—it's fun and informative.

Kid Central's motto since its founding in 1990 has been "Where Friends Stay to Play!"

Summer Food Program in partnership with the USDA

Our partnerships are vast.

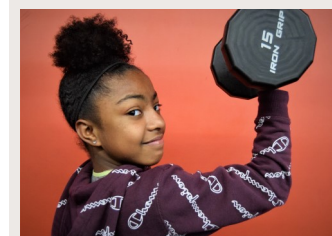
Kid Central has been a proud supporter and base for the USDA's Summer Food Program throughout the last decade.



"We are confident that we will emerge from these dark days into a brighter future." —KC Staff

"We are Kid Central strong and we are dedicated to serving our community in good times and challenging times."

"Teamwork will get us through this challenge"



For more information visit kidcentralculpeper.com



Families First - Healthy Families Culpeper

We offer three **FREE** and **PRIVATE** services to families of Culpeper County.

WELCOME HOME BABY

Welcome Home Baby is a free, confidential and a one-time service available to any parent in Culpeper County.

We provide information and referrals for parenting and other resources in the community. We come to you, or will meet at a convenient place in the community.

As a parent in our community, you may have questions about where to go for:

- ◇ Child Care Providers
- ◇ Child Development Information
- ◇ Parent Support Groups
- ◇ Prenatal and Parenting Classes
- ◇ Early Childhood Services

Welcome Home Baby can help answer those questions!

HEALTHY STEPS

Healthy Steps is a free, confidential and ongoing program that supports new and expecting parents. It is voluntary – which means you can stop at any time. We come to you! While working one on one with your own Family Support Specialist, we will provide support, information, and activities that can be helpful in the first years of your child's life.

Healthy Steps can:

- ◇ Help parents explore fun ways to interact with their baby.
- ◇ Help parents develop goals and make them a reality.
- ◇ Promote positive parent-child relationships.
- ◇ Promote healthy childhood growth and development.
- ◇ Connect families to resources in the community.

If this sounds interesting to you, let us know!

The P.E.P. Program—Parent Education Program

FREE 3 week Parenting Class to any parent, or family of Culpeper County.

2020 Schedule:

June 2nd, 9th, 16th

July 14th, 21st, 28th

August 4th, 11th, 18th

The 3-week session is held from **6:00 – 8:00 pm** at **Novant Health UVA Culpeper Medical Center** at: **501 Sunset Lane, Culpeper, VA 22701**

The class will usually meet in the **Hospital Board Room**.

We would love to hear from you! To learn how to donate to us or for more information, referral forms, or questions of any kind please contact: **Leah Walker, Program Manager/Supervisor**, by phone or text, at **540-222-6320** or by email at **lwalker@culpeperhumanservices.org**

Girls Empowering Mentoring Services—G.E.M.S.



G.E.M.S.

Girls Empowering
Mentoring Services



**JOIN US THE SECOND WEDNESDAY OF
THE MONTH**

4 PM - 6PM

**Culpeper Baptist Church
318 S. West St. Culpeper, VA 22701**

The purpose of Girls Empowering Mentoring Services (GEMS) is to provide a safe, creative and motivating social space that will allow female adolescents to thrive toward personal successes. By increasing their self-esteem, it will assist adolescents with making better choices for themselves, thus reducing risky behaviors at home, school and in the community. This program is free of charge and bilingual. All adolescents between the ages of 11 and 17 years old are welcome to join us

Each month, we will explore a new topic with March celebrating Womanhood

In partnership
with:

CULPEPER
VICTIM/WITNESS
PROGRAM



CONTACT US:

Lillian Arevalo (Español)
Program Coordinator
E: gemsinva@gmail.com
P: (540) 446-2966

Karah A. Thompson
Culpeper Victim/Witness Program
E: kthompson@culpepercounty.gov
P: (540) 727-3413

Follow us on for more updates
on upcoming events!



Rabies – What You Need to Know

Summertime means picnics and barbecues, vacations and trips to the park. People like to go outside for yardwork and gardening. However, more time outside can increase your chance of encountering an animal, domestic or wild, and possibly a rabid one.

Rabies is a deadly disease that is caused by a virus that attacks the central nervous system. Once a person or animal starts to show symptoms, the illness is almost always fatal.

Only mammals get rabies; birds, fish, reptiles and amphibians do not. The rabies virus is most commonly found in wild animals like raccoons, skunks, and foxes. Bats may also carry the virus. The most common domestic animal diagnosed with rabies are cats.

The rabies virus is found in the saliva and the central nervous system of infected mammals. Transmission occurs through the bite of an infected mammal, or rarely by getting saliva or brain tissue in the eyes, nose, mouth, or an open wound. The virus cannot enter intact skin. Infected animals may have difficulty swallowing, poor balance, abnormal behavior, paralysis, and/or seizures. The first symptoms in people can be similar to flu, but quickly progress to itching at the site of the bite, anxiety, confusion, hallucinations, and insomnia. Symptoms in people usually appear two to eight weeks after exposure.

So, what should you do if you think you have been exposed to rabies? If you are bitten, wash the wound thoroughly with soap and water. If necessary, seek wound care from a healthcare provider. If the animal is wild, attempt to capture the animal under a large box or can. Do not try to pick up the animal and do not damage the head of any animal that may need to be tested for rabies.

If the dog (or a cat or ferret) that bites you, has an up-to-date rabies vaccine and appears healthy at the time you were bitten, then the animal can be confined and observed by its owner for 10 days. If the animal cannot be located, then consult with your primary care doctor and local health department for information on what steps to take regarding your bite.

Most people know when they have been bitten by a bat, but there are situations in which you should seek medical advice even if you do not have an obvious bite wound. If you wake up with a bat in your room, or find a bat in the room of an unattended child, mentally impaired, or intoxicated person, call your local health department for advice. If possible, capture the bat and keep in a hard sided container; do not destroy or discard the bat.

If for any reason, you believe your pet has been attacked or bitten by a potentially rabid animal, consult your local health department for information on what to do to keep yourself, family members, and pets safe.

You can help prevent rabies. Keep your pets and livestock up-to-date on recommended vaccinations. Rabies vaccines are labeled for use in a number of animals. In Virginia, the vaccine is required for dogs and cats by the age of four months and a booster dose is given one year after the initial vaccination.

You can also limit your pets' chance for exposure by keeping your animals on your property. Do not leave garbage or pet food outside, as it may attract wild or stray animals. Enjoy all wild animals from a distance, even if they seem tame.

The disAbility Resource Center of the Rappahannock, Inc.



409 Progress Street
Fredericksburg, VA 22401
540-373-2559 (voice), 540-5890
(CAPTEL), 540-373-8126 (Fax)
www.cildrc.org drc@cildrc.org
Kim Lett, klett@cildrc.org
or 540-373-2559

As this article is written, the disAbility Resource Center (dRC), which provides information and referral services as well as advocacy for people with disabilities in the Town of Culpeper and the counties of Culpeper, Orange, Madison, and lower Rappahannock (Planning District 9), has closed its physical doors to the public in response to COVID-19. However, staff remained working through telecommunications to provide services to both PD9 and PD16 (Fredericksburg and the counties of Stafford, Spotsylvania, King George and Caroline). While this was a learning curve for many, both staff, consumers and the public understood the necessity and worked together to ensure services were provided. It is the author's hope that life has returned to our old "normal" where we can talk face to face, gather for trainings, participate in work groups and support groups, and end our times together with a handshake or a hug. One thing the Corona virus taught us all is to be prepared at home, school, and on the job for any situation a new day may bring.

The dRC had several events canceled due to COVID-19 including Social Security and Medicaid Waiver workshops, a sign language class, Healthy Mind/Healthy Body presentation by the Alzheimer's Association and a presentation from Hank Millward, Director of Family Engagement at the Virginia Department of Education, on Conflict Resolution between the schools and families when planning a student's special education plan. All events have either been rescheduled or are being rescheduled. Please refer to the dRC's website, www.cildrc.org for more information on these and all our activities.

Mark your calendar for the dRC's annual FUNdraiser on October 24, 2020. The Center is hosting a Halloween Bash at the Beth Shalom Temple in Fredericksburg. We'll have spirits, heavy hors d'oeuvres, music from the Dixie Power Trio band, dancing, live and silent auctions and a Halloween costume contest. Tickets are \$50 per person and can be purchased at <https://cildrc.networkforgood.com/events/20118-drc-halloween-bash>. If you have an item you would like to donate for auction or would like to sponsor the Halloween Bash, contact the dRC at 540-373-2559 or drc@cildrc.org.

Unfortunately, the dRC will no longer be providing services to the PD9 area through a grant with the Virginia Department of Deaf and Hard of Hearing.

VDDHH has decided to distribute equipment through their office in Richmond. If you should need a piece of equipment, contact the VDDHH at 804-662-9502 (V/TTY). In addition, the dRC's Deaf and Hard of Hearing Coordinator, Rebecca Bennett, will be leaving the dRC. She has done outreach in PD9 and many from the area know her and her always cheery service. She will be moving to Hawaii with her husband and daughter. We still have someone on staff to answer questions and provide referrals to the Deaf and Hard of Hearing. The dRC also supports the Hearing Loss Association of America, Fredericksburg Chapter, in our office at 409 Progress St., Fredericksburg, the third Thursday of every month. For more information on the HLAA, contact Diann Drew at 540-373-5890 or at ddrew@cildrc.org.

Staff from the dRC is always interested in talking to any group about independent living and what the Center does. The dRC is also interested in offering more trainings. If you would like a speaker for your group or have a suggestion for a training or workshop, please contact Kim Lett at email klett@cildrc.org.



Rappahannock Rapidan Health District

98 Alexandria Pike Suite 42, Warrenton, VA 20186

Office: 540-316-6280 Fax: 540-347-6373

www.rrhd.org



AGING TOGETHER IS A NON-PROFIT ORGANIZATION CREATED OVER 20 YEARS AGO IN RESPONSE TO THE STEADILY INCREASING DEMOGRAPHIC OF OLDER ADULTS IN OUR FIVE-COUNTY REGION. IT MAINTAINS AND SUPPORTS A BROAD PARTNERSHIP OF ORGANIZATIONS AND INDIVIDUALS WHO COLLABORATE TO EVOLVE THE FUNDAMENTAL VISION OF AGING TOGETHER, WHICH IS AGE-FRIENDLY COMMUNITIES THAT ACTIVELY ENGAGE, VALUE AND SUPPORT OLDER ADULTS.

AGING TOGETHER'S COUNTY TEAMS:

In keeping with its vision, Aging Together seeks to assure that local residents will have the services and supports they need as they age in Culpeper and surrounding counties. This partnership is built on an alliance of organizations and individuals who actively participate in one or more "County Teams" and regional committees, and work together across agencies, counties and interest areas.

Aging Together County Teams are comprised of volunteer members including older adults, caregivers, hospital representatives, service providers, faith community, healthcare professionals, law enforcement, local government and more. Together, these Teams identify strengths and needs of older adults in their community and develop creative programs to help solve problems through community education, new service delivery, or other unique responses. Programs are then delivered by Aging Together's partner organizations.

Aging Together County Team members are all volunteers, with a volunteer Team leader who facilitates the monthly meetings in each of the five counties. To enhance the work of County Teams, community needs assessments such as the 2018 *Community Conversations* held in each of the five counties, are further used to identify gaps in local services for older adults. Together with staff, Teams can use these assessments to complement existing programs or create new ones. Though there are some common challenges across the counties, there is no "cookie cutter" solution to resolve them and so the work of Teams becomes paramount to individual county success. For example, in Culpeper County the Team has partnered with the Culpeper Baptist Church to provide a Caregiver's Workshop (June 4, 2020). The Workshop will take the format of round table discussions to ensure caregivers can get their questions answered with a topic expert. The Rappahannock Team is also providing a Caregiver Workshop, though with a slightly different approach. This Workshop will offer "hands on" training in transfers (how to physically help transfer a person from a bed to a wheelchair, for example) and fall prevention. In Fauquier County, a

resource fair specific to veterans was planned. In Madison County, the Team is involved in supporting Madison Munch (Madison United in Nutrition and Community Health), and in Orange County the Team is partnering with the Orange Sheriffs TRIAD program for a June 10 "Thrive Above 55" conference. (TRIAD is a National organization of Law Enforcement working with older adults to promote safety and to reduce the fear of crime). Each Team has comparable needs for their counties, but with different priority levels and delivery techniques.

Aging Together Teams are grounded in the principles of the Robert Wood Johnson Foundation's Community Partnerships for Older Adults which provided initial funding to help establish the organization. The core values include:

- **Systems change can only occur through true collaboration**
- **The voices of older adults need to be part of the process**
- **Working locally and regionally is key to success**
- **Building a community that is good for older adults benefits people of all ages**

We still find these principles to be relevant to Aging Together's Team work today and in turn they assure our Teams remain highly relevant to outcomes in their local communities.

In November, 2019, at Aging Together's Annual meeting, County Team leaders reported on the great work and many activities they had accomplished throughout the year in each of their communities. The plan for 2020 is to make the Annual meeting a recognition event for Team members.

Aging Together would not be able to accomplish our strategic objectives without the tireless work of our many volunteers! If you would like more information about joining one of our Teams or other volunteer opportunities, please call us at 540-829-6405 or visit www.agingtogether.org.

"County Teams are the nuts and bolts of Aging Together's strategy. By listening to these volunteers at a very local level, we can accurately plan for and provide resources required to help the aging population thrive in each county."

- Ellen Phipps, Aging Together Executive Director



Staff member Ginny Biggs, the Aging Together County Resource Specialist, works with the County Teams by maintaining contact lists, engaging new Team members, distributing minutes, researching resources to support Team activities and helping Teams progress. In addition, Ginny also engages volunteer support for organizing regional events such as the Senior Prom and Art of Aging Expo (October 6, 2020!!).

**THE CULPEPER TEAM MEETS THE 1ST THURSDAY OF EACH MONTH.
CONTACT GINNY AT THE NUMBER BELOW IF YOU ARE INTERESTED IN PARTICIPATING!**

PO Box 367, Culpeper, VA 22701

540-829-6405

agingtogether.org

Aging Together supports the counties of Culpeper, Fauquier, Madison, Orange & Rappahannock



TEN CYBER SECURITY TIPS FOR SMALL BUSINESS

Broadband and information technology are powerful tools for small businesses to reach new markets and increase sales and productivity. However, cybersecurity threats are real and businesses must implement the best tools and tactics to protect themselves, their customers, and their data. Visit www.fcc.gov/cyberplanner to create a free customized Cyber Security Planning guide for your small business and visit www.dhs.gov/stophinkconnect to download resources on cybersecurity awareness for your business. Here are ten key cybersecurity tips to protect your small business:

1. Train employees in security principles. Establish basic security practices and policies for employees, such as requiring strong passwords and establish appropriate Internet use guidelines, that detail penalties for violating company cybersecurity policies. Establish rules of behavior describing how to handle and protect customer information and other vital data.

2. Protect information, computers, and networks from cyber attacks. Keep clean machines: having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats. Set antivirus software to run a scan after each update. Install other key software updates as soon as they are available.

3. Provide firewall security for your Internet connection. A firewall is a set of related programs that prevent outsiders from accessing data on a private network. Make sure the operating system's firewall is enabled or install free firewall software available online. If employees work from home, ensure that their home system(s) are protected by a firewall.

4. Create a mobile device action plan. Mobile devices can create significant security and management challenges, especially if they hold confidential information or can access the corporate network. Require users to password protect their devices, encrypt their data, and install security apps to prevent criminals from stealing information while the phone is on public networks. Be sure to set reporting procedures for lost or stolen equipment.

5. Make backup copies of important business data and information. Regularly backup the data on all computers. Critical data includes word processing documents, electronic spreadsheets, databases, financial files, human resources files, and accounts receivable/payable files. Backup data automatically if possible, or at least weekly and store the copies either offsite or in the cloud.

6. Control physical access to your computers and create user accounts for each employee. Prevent access or use of business computers by unauthorized individuals. Laptops can be particularly easy targets for theft or can be lost, so lock them up when unattended. Make sure a separate user account is created for each employee and require strong passwords. Administrative privileges should only be given to trusted IT staff and key personnel.

7. Secure your Wi-Fi networks. If you have a Wi-Fi network for your workplace, make sure it is secure, encrypted, and hidden. To hide your Wi-Fi network, set up your wireless access point or router so it does not broadcast the network name, known as the Service Set Identifier (SSID). Password protect access to the router.

8. Employ best practices on payment cards. Work with banks or processors to ensure the most trusted and validated tools and anti-fraud services are being used. You may also have additional security obligations pursuant to agreements with your bank or processor. Isolate payment systems from other, less secure programs and don't use the same computer to process payments and surf the Internet.

9. Limit employee access to data and information, and limit authority to install software. Do not provide any one employee with access to all data systems. Employees should only be given access to the specific data systems that they need for their jobs, and should not be able to install any software without permission.

10. Passwords and authentication. Require employees to use unique passwords and change passwords every three months. Consider implementing multifactor authentication that requires additional information beyond a password to gain entry. Check with your vendors that handle sensitive data, especially financial institutions, to see if they offer multifactor authentication for your account.

The FCC's Cybersecurity Hub at <http://www.fcc.gov/cyberforsmallbiz> has more information, including links to free and low-cost security tools. Create your free small business cyber security planning guide at www.fcc.gov/cyberplanner.

This information is from the FCC website while other small business resources are available on the US Small Business Administration website, www.sba.gov or the Lord Fairfax Small Business Development Center website at www.lfsbdc.org.

**Contact: David C. Reardon
Business Counselor**

The Small Business Development Center at Culpeper offers free business consulting, affordable training courses, and personal referrals to local resources, guidance, insights, and connections to help your business succeed. All services given at the SBDC at Culpeper are at no cost and are strictly confidential.

Email: dreardon@lfsbdc.org
The SBDC at Culpeper
803 South Main St. | Culpeper, VA 22701
PHONE: 540-727-0638 www.lfsbdc.org

The SBDC at Culpeper is funded in part by the U.S. Small Business Administration and Culpeper County and is hosted by Lord Fairfax Community College.



Virginia Conservation Assistance Program putting “V”CAP on Pollution



Meadow



Rainwater Harvesting



Rain Garden Planter

Backyard Conservation Funding

The Culpeper Soil and Water Conservation District provides technical and financial assistance to homeowners, businesses and local government to address erosion, poor drainage and poor vegetative cover. Financial assistance is provided through the Virginia Conservation Assistance Program (VCAP) which is a cost share program that reimburses participants up to 75% of the cost of installing eligible conservation practices that address erosion and drainage.

Common yard problems; such as poor vegetative cover, erosion and/or localized flooding, contribute to the degradation of local waterways. The problems are widespread and cumulative. VCAP provides resources to repair these ongoing yard problems.

Financial assistance is available for specific stormwater management practices, including but not limited to Conservation Landscaping, Rain Gardens, Dry Wells, Rainwater Harvesting and Permeable Pavement. These practices treat stormwater runoff by slowing, filtering and soaking it up. Get paid to create functional landscaping that addresses your problems and improve your property.



Before: Impervious Runoff Contributing to ditch erosion



After: Rain Garden to capture and infiltrate runoff

Continued on page 37

Continued from page 35 - Virginia Conservation Assistance Program putting “V”CAP on Pollution

Eligibility Requirements:

- Existing dwelling or structure 3 years or older.
- Practice must provide a water quality benefit (i.e. addresses erosion and nutrient loss).
- Practice is not needed to meet regulatory requirements.
- Property owner is willing to keep and maintain the practice for 10 years.

For a full list of practices, please visit www.vaswcd.org/vcap

Video: <http://www.nbc12.com/story/38445735/digital-dialogue-get-cash-for-cleaning-up-your-property>

Expectations:

Maintenance and Inspection requirements – Periodic inspection verifications will be done by the District to ensure the practices are maintained and functioning properly.

Multiple practices – You can apply for more than one practice per calendar year up to the maximum caps set for each type.

Channel Flooding – VCAP will not be able to address flooding of large streams or channels. The intent is to address runoff from your site and mitigating damage from offsite whenever possible.

Solving Problems – It is possible that a VCAP practice will not address your problems. The District will endeavor to provide the best solution and other resources to consider.

Application Process:

1. Contact the District to request a site visit. District staff visits the property to assess the problems and determines which practices would be most eligible.
2. Based on the recommendations, the Owner develops a design plan and gets cost estimates. The plan and estimate is submitted with an application to the District for review and approval.
3. Once approved, the District will provide notification that construction is to begin within 90 days.
4. Once the project is completed, the District performs a final inspection. All final copies of invoices and receipts are submitted to the District for reimbursement.

How to Request a Site Visit

For more information or to request a site visit, contact the District at www.culpeperswcd.org or 540-825-8591; RichardJ@culpeperswcd.org

Please include the following information:

- The site address
- A basic description of any drainage, erosion and vegetation issues on your property
- Names and contact information (email preferred) for all property owners/decision makers

NEED A RIDE?

This coupon good for one FREE ride on one of the following services:

- ♦ Culpeper Trolley
- ♦ County Express On-demand Bus
- ♦ Town of Culpeper ADA On-Demand Bus
- ♦ Orange Connector

This offer valid June 2020 — October 2020.

*Limit one coupon per rider. Coupon may be used only once and may not be duplicated or photocopied.
This coupon has no cash value.



Have more questions or need more
information about Public Transportation
Options in Culpeper?

Call (540) 825-2456





Pictured (left to right): Clive Richmond, Tracy Neely, Virginia Ayers, James Clements, Janet Huss, Mary Dale, and James Holmes.

ELECTORAL BOARD AND BOARD OF SUPERVISORS HONOR RETIRED HUSS, DALE, AND AYERS

The Board of Supervisors recently joined the Electoral Board in recognizing three ladies with a combined 41 years of service to the voters of Culpeper County.

Janet Huss was first appointed to the Culpeper County Electoral Board in 2009 and served as Secretary of the Board until she became Chair in 2012. She led the Electoral Board through a number of challenges including the mid-term appointment of a new General Registrar in 2015 and the purchase and implementation of new voting equipment in 2017. Mrs. Huss was a champion for student involvement in the election process including the Election Page program, which allows high school students to volunteer in

polling precincts on Election Day, and the “I Voted” sticker student art contest which was recognized by the Virginia Association of Counties for an innovation award.

Mary Dale served two separate terms as an Election Officer, the first from 2006-2009 and later from 2015-2019. In the interim, she served as a member of the Electoral Board from 2009-2012. During her time on the Board and her return to the Jeffersonton precinct afterward, Mrs. Dale served as a mentor to a number of election officers including current General Registrar James Clements, encouraging their interest in elections and service.

Virginia Ayers was first appointed as a Culpeper County Election Officer in 2000, but she was not new to elections having served in Prince William County for a number of years. For most of her two decades of service to the voters of Culpeper County, Mrs. Ayers served as the Chief of the Eggbornsville Precinct even though she lived in Cardova (to illustrate this point, her Culpeper County voting record is three pages long and doesn’t include a single election that she didn’t vote “absentee”). Mrs. Ayers also served as a mentor to a number of Election Officers over the years, including her daughter who has served as an Election Officer in Appomattox County.

The Board presented Jan, Mary, and Ginny with Certificates of Appreciation, thanked them for their efforts and commitment to the voters of Culpeper County and wished them the best in retirement.

“Mary was there offering guidance from my first election,” Clements said. “Jan deserves a lot of credit for pushing this office to think ‘big’ in terms of connecting with voters and Ginny exemplifies service.”

Board members James Holmes, Tracy Neely, and Clive Richmond also participated in the presentation before exiting to run the March Democratic Presidential Primary. “These three women will all be dearly missed,” Mr. Holmes said.

WE NEED YOU

BECOME AN ELECTION OFFICER

Culpeper County will need more than 100 Election Officers this year. Officers must be willing to attend training, work a 15-hour day on Election Day, and enjoy public service.

If you’re interested, scan the following code:



151 N. Main Street Suite 301, 2nd floor, Culpeper VA 22701
M-F 8:30am to 4:30pm - 540-825-0652 - registrar@culpepercounty.gov
<https://www.voteinculpeper.info>

LAST NAME _____

FIRST NAME _____



CULPEPER COUNTY COMMISSIONER OF THE REVENUE

TERRY L. YOWELL, MCR
 PO BOX 1807
 151 N MAIN ST, SUITE 201
 CULPEPER VA 22701
 PHONE: (540) 727-3443 FAX: (540) 727-3472

2020 APPLICATION FOR VEHICLE HIGH MILEAGE ADJUSTMENT

If you believe your vehicle may qualify for a value adjustment due to high mileage, please complete this form, attach third party documentation and submit to the Commissioner of the Revenue. Documentation must be legible and must indicate mileage on or before January 1st of the tax assessment year seeking such adjustment. Documentation may be in the form of a state inspection receipt (displaying year, make, model and VIN), oil change or service center repair receipt, or simply have the garage read your odometer and document it. In order to ensure the highest value reduction, submit documentation indicating the mileage as close to January 1st as possible. By law, if mileage is taken into consideration as an adjustment to January 1st fair market assessed value, the adjustment must be determined using the mileage table included with the January issue of the NADA (National Automobile Dealers Association) guide.

*Please note that the documentation must be **SUBMITTED ANNUALLY** until the mileage reaches 245,001
 High mileage adjustments are not available on motorcycles, motor homes, large trucks or trailers*

REQUIREMENTS:

1. Complete and sign this form.
2. Attach proper high mileage documentation, i.e. oil change receipts, state inspection slips, or repair bills. **Please do not send the originals.** Documentation provided must be dated on or before January 1st.
3. Return this application and your documentation to the mailing address listed above.

AGE OF VEHICLE	REQUIRED MINIMUM MILEAGE AS OF JAN 01	VEHICLE INFORMATION	VIN (VEHICLE IDENTIFICATION NUMBER)
1 year old (2019)	20,001	YR MAKE	MODEL
2 years old (2018)	35,001		
3 years old (2017)	45,001	LICENSE PLATE	USED MORE THAN 50% FOR BUSINESS: YES NO
4 years old (2016)	60,001		VEHICLE IS GARAGED IN: COUNTY TOWN
5 years old (2015)	70,001	OWNER INFORMATION	SSN/FEDERAL ID
6 years old (2014)	85,001	LAST NAME	FIRST NAME MI SUFFIX
7 years old (2013)	95,001		
8 years old (2012)	105,001	CO-OWNER	SSN/FEDERAL ID
9 years old (2011)	120,001	LAST NAME	FIRST NAME MI SUFFIX
10 years old (2010)	130,001		
11 years old (2009)	140,001		
12 years old (2008)	150,001	STREET ADDRESS	
13 years old (2007)	155,001		
14-19 years old (2001-2006)	165,001	CITY/STATE/ZIP	
20 years old or more	No additional adjustment		

Pursuant to Code of Virginia §58.1-11, any such person who willfully subscribes any such return which he/she does not believe to be true and correct as to every material matter shall be guilty of a Class 1 misdemeanor.

DECLARATION BY TAXPAYER: I declare that the foregoing statements are true, full and correct to the best of my knowledge and belief

SIGNATURE	DATE	PHONE/E-MAIL
FOR OFFICE USE ONLY	Date documentation received:	Tax Year:
Clean trade-in value as of January 1:	Odometer reading from attached documentation:	
Less High Mileage Allowance:	Account #:	
Equals value of:	Auditor Name:	Date reviewed

Terry L. Yowell
Commissioner



Commissioner's Office considers high mileage when valuing vehicles

Most Popular Question:

Does my vehicle have to have over 100,000 miles in order to make application for high mileage adjustment?

Answer: NO.

By law, if mileage is taken into consideration as an adjustment to the January 1st assessed value, the adjustment must be determined using the mileage table included with the January issue of the NADA (National Automobile Dealers Association) guide. The effect of mileage for qualifying vehicles will vary according to the class and age of the vehicle. If you believe your vehicle may qualify for a value adjustment due to high mileage, please complete a high mileage application, attach third party documentation and submit to the Commissioner of the Revenue. Applications may be obtained online or by contacting the Commissioner's office. Documentation must be legible and must indicate mileage on or before January 1st of the tax assessment year seeking such adjustment. Documentation may be in the form of a state inspection receipt (displaying year, make, model and VIN), oil change or service center repair receipt, or simply have the garage read your odometer and document it. In order to ensure the highest value reduction, submit documentation indicating the mileage as close to January 1st as possible. As always, if you have any questions, please stop by, call or email me.

Please note that the documentation must be submitted annually until the mileage reaches 245,001.

High mileage adjustments are not available on motorcycles, motor homes, large trucks or trailers

Commissioner of the Revenue

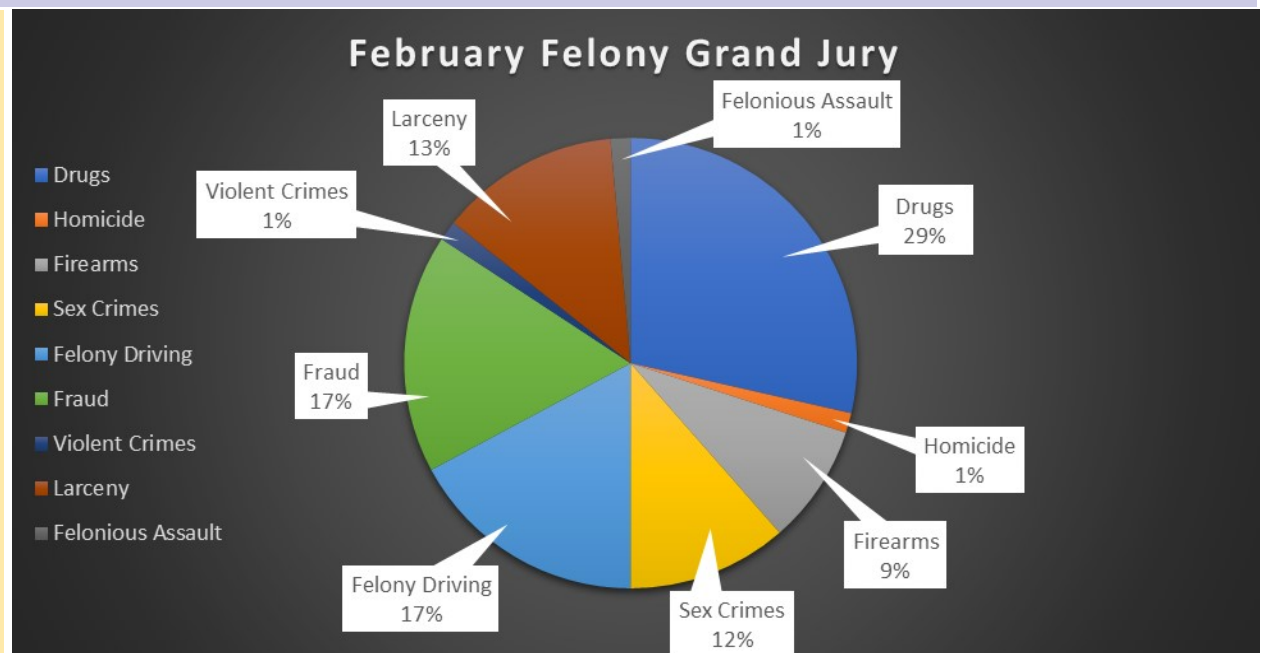
151 N. Main Street, Culpeper VA 22701

Email: tyowell@culpepercounty.gov website: web.culpepercounty.gov

Commonwealth's Attorney Paul Walther

Thank you to businesses for their donations!

- Clevenger's Corner Veterinary Care
- Elements Wellness Spa
- Southern States
- Mountain Run Winery
- Wine & Design
- Shear Artistry
- Martins Food
- Gilmores Auto Service
- Thyme Market
- Sound Decision DJ Service
- Taste Oil Vinegar Spice
- TechBox
- LeMonkey House
- Pepperberries
- Buffalo Wild Wings
- Chili's Bar & Grill
- Glory Days
- Jersey Mike's Subs
- Chick-Fil-A
- Knakal's Bakery
- Uncles Elders BBQ
- Ciro's Pizza
- Ed's Awards and Engraving



Notable Case: On March 6, 2020, a 44 year old male, was sentenced following a jury trial in August. After a multiple day jury trial, the defendant was convicted of Rape, Sodomy, Abduction, Grand Larceny, and several counts of Use of a Firearm in Commission of a Felony. The jury previously recommended a sentence of thirty-nine (39) years, which was upheld by the trial court. In Virginia, the trial court can not exceed the jury's sentence recommendation, but it does have the authority to suspend any portion of it.

Law Enforcement Appreciation Lunch: In 1962, President John F. Kennedy signed a proclamation which designated May 15th as Peace Officers Memorial Day and the week in which that date falls as Police Week. Peace Officers week is a time to honor the service and sacrifice our Law Enforcement Officers make each day. In honor of Peace Officers Week, the Office of the Commonwealth's Attorney hosts a Law Enforcement Appreciation lunch sponsored by the Commonwealth Attorney, Paul Walther.

For the 5th annual Law Enforcement Appreciation luncheon, the Office provided a taco bar including chips and salsa donated by Chili's Bar & Grill along with fruit trays contributed by Chick-Fil-A, as

well as assorted dessert cups. In addition to lunch the officers are eligible to win door prizes such as gift cards or gift baskets donated by local businesses. Pictured is a list of the donating businesses for this year. The support Culpeper's businesses show is truly amazing and appreciated.

The four-legged officers are not forgotten. Though they don't typically attend the lunch they are provided with a K9 goodie bag donated by Clevenger's Corner Veterinary Care. The bags, labeled with the name of each K9, include treats, toys, and flea/tick preventative.

Two law enforcement officers are presented with awards at the event. This year the Outstanding Detective Award was presented to Detective Jose Vazquez with the Culpeper County Sheriff's Office for his hard work and outstanding performance of his duties as a distinguished detective whose efforts never cease. The Commonwealth's Attorney Merit Award was presented to Officer Nolan Overby with the Culpeper Police Department for his hard work and outstanding performance of his duties as a uniformed law enforcement officer both in the field and in the courtroom.

"It has been a pleasure to sponsor the luncheon and awards which reflect this Office's great appreciation for the hard work, dedication, and valor displayed by Culpeper's law enforcement." - Paul R. Walther, Commonwealth's Attorney



2019 Merit Award winner Sgt. J. Kerns and K9 Karma pictured with Commonwealth's Attorney, Paul Walther.

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dhoffman@culpepercounty.gov

The View from the Airport *By Tanya Woodward*

We all feel these days as if we are stuck on the inside looking out. We all must work to find a new level of normalcy in these uncertain times. I know that this has forced me to have a very different perspective on many situations such as social distancing, which have come about with the COVID-19 pandemic.

Perspective is the tool which we can use to see life, situations, problems, people, from many different views. Perspective helps us create an understanding which can create a union where there wasn't one before. Understanding can break an impasse in situations as large as world war and as small as – 'I'm sorry I hurt your feelings'. The key to successful relationships lies solely in our ability to take on the perspective of another. Perspective taking is that all important skill of being able to look at things from a point of view other than our own. Perspective taking brings in the mindfulness of compassion and empathy to our relationships old and new. Start with the relationships around you at home, I think you might see something that you never did before.

Do what you can to have some normalcy in your lives, don't despair, you are not alone. Reach out for help if you are struggling. The County has a number of resources to help you get through the tough times and the not so tough times. Lean on your family and let them lean on you. Let's not forget about our neighbors and our work families. Sometimes a simple phone call can make all the difference to someone feeling all alone. Above all, take this time to reflect, recharge and whatever you do—wash your hands!

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. Henry Ford

